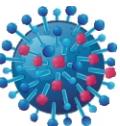




NOVEL CORONAVIRUS (COVID-19)



When to wear a Mask?



Everyone NEED NOT WEAR a mask!

Only wear a mask if

- You have symptoms (Cough, fever or difficulty in breathing)
- You are caring for a COVID-19 suspect/confirmed patient
- You are a health-worker attending to patients with respiratory symptoms

While wearing a mask, make sure you:



Unfold the pleats of the mask; make sure that they are facing down.



Place the mask over your nose, mouth and chin and ensure there are no gaps on either side of the mask, adjust to fit.



Change the mask after six hours or as soon as they become wet.



Never reuse disposable masks and dispose the used masks into closed bins after disinfecting them.



Avoid touching the mask, while using it.



Do not leave the mask hanging from the neck.



Do not touch the potentially contaminated outer surface of the mask, while removing it.



After removal of mask, clean your hands with soap and water or use alcohol-based hand rub disinfectant.

Together we can fight COVID-19!

For further information call
Ministry of Health & Family Welfare,
Government of India's
24X7 control room number

1075 (Toll Free) | 011-23978046
Email at ncov2019@gmail.com



Ministry of Health & Family Welfare
Government of India



Help us to
help you

NOVEL CORONAVIRUS (COVID-19)



Protect yourself and others! Follow these Do's and Don'ts

Do's



Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean



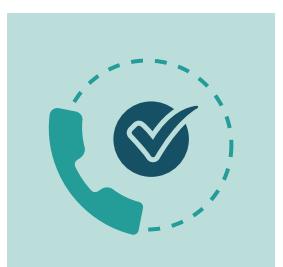
Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Throw used tissues into closed bins immediately after use



See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose



If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046



Avoid participating in large gatherings



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Don'ts

Spit in public

Together we can fight Coronavirus

For further information :

Call at Ministry of Health, Govt. of India's 24X7 control room number

+91-11-2397 8046

Email at ncov2019@gmail.com



mohfw.gov.in



@MoHFWIndia



@MoHFW_INDIA



mohfwindia



Ministry of Health & Family Welfare
Government of India



TRAVELLERS RETURNING TO INDIA



Inform the airlines crew if you have cough, fever or difficulty in breathing

Seek mask from the airline crew if you have cough, fever or difficulty in breathing and wear it at all times

Avoid close contact with family members or fellow travelers

Follow the directions of airline crew while disembarking

At airport, **provide your travel itinerary** and submit Self-reporting Form to Airport Health Officer

If you have returned from Novel Coronavirus (COVID-19) affected countries* in the past 14 days and have cough, fever or difficulty in breathing, **call the helpline number immediately** and follow the instructions

* List of countries affected by COVID-19 is available on Ministry of Health and Family Welfare website: www.mohfw.gov.in

Stay protected!

Stay safe from Novel Coronavirus!

Contact **24X7** Ministry of Health and Family Welfare Helpline

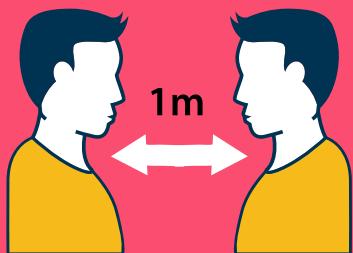
1075 and **+91-11-23978046**

ncov2019@gmail.com



NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus



A distance of at least 1 meter is necessary
to ensure safety for all



Wash your hands with
soap and water regularly



If soap and water is not available,
use hand sanitizer with at least
60% alcohol



Wash hands before
touching eyes, nose
and mouth



Throw used tissues
into closed bins
immediately after use



Cover your nose and mouth with
handkerchief/tissue while sneezing
and coughing



Avoid mass gathering
and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number or 24x7 helpline numbers of Ministry of Health and Family Welfare, Government of India and follow the instructions.

1075 (Toll Free) | 011-23978046

Email to: ncov2019@gov.in, ncov2019@gmail.com



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There is enough of everything, everyday for everyone
Don't Panic | Don't Rush | Don't Overstock



Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.



Have patience and keep calm while shopping for essential goods/medical supplies



Avoid frequent trips to the market to buy groceries/medical supplies



Avoid shaking hands and hugging as a matter of greeting



Avoid non-essential social gatherings at home



Don't allow visitors at home or visit someone else's home

Observe social distancing at all times

If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the helpline numbers

For information related to COVID-19

Call Ministry of Health and Family Welfare, Government of India's 24x7 Control Room Number
1075 (Toll Free) | 011-23978046 , Email at ncov2019@gov.in , ncov2019@gmail.com

Together we will fight COVID-19



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